HOW TO MAKE HER ATTRACTED TO YOU

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Introduction

I've realized that most guys idealize a lot. They constantly say things like, "I want a girl to like for who I am" or "I wouldn't want to be with a shallow, superficial b**** who only cares about my looks", "I want somebody who wants to be with the real me, and doesn't mind if overweight, smelly or dirty" and so on. Sure enough, it would be nice to live in an ideal world where our physical appearance wouldn't affect our chances with a hot girl.

But then again we don't live in an ideal world. The truth of the matter is that attractive girls are constantly approached by guys like you and me all the time. Definitely a girl can't put out for every guy she meets, otherwise that would make her a whore and she would lose all her desirability. Instead, she is forced find a way to quickly eliminate all the 'creeps', 'losers', 'pervs' and other tools so that she's only left with the guys who actually stand a chance with her. Girls will therefore rely on superficial observations like a guy's dressing or body language in order to quickly weed out and disqualify the phonies. This doesn't make them shallow or bitchy; it simply means that they are time and energy efficient.

The sooner you accept that your physical appearance greatly influences your chances of being successful with girls, the better you'll be at the dating game and you will start getting hot girls more often. This section contains some helpful tips about improving your physical appearance, so that you can make a better first impression and get past the initial barriers that attractive girls put up. This will enable girls to get the chance to know the real you.

How to Improve Your Facial Appearance and Hair

The first thing that girls will notice about you is your face. Therefore, you need to ensure that your facial appearance, as well as your hair is well maintained and in good condition, in order to make a good first impression. The following points explain you can improve your facial appearance and hair.

a) Face

Girls are attracted to guys who have clean, smooth and healthy faces. The following points explain how you can take care of your face in order to give it a better look:

i. It is important for you to clean your face every day. Cleansing the face on a daily basis helps to remove accumulated oil and dirt and keep the pores clear which makes you look young and healthy. A good scrub also removes dead skin cells leaving your face looking healthy and smooth. Afterwards, you should apply a light alcohol-free moisturizer.

ii. Toning your face is also necessary to remove excess oil and refresh your skin. Toning also helps to keep your skin firm and maintain its elasticity. You should apply the facial toner to areas that are prone to acne and other blemishes, with special attention given to your nose, chin and forehead.

iii. Avoid over-exposure to sunlight as it can lead to skin problems.

iv. Stay away from excess alcohol, smoking, stress and fatigue. These factors decrease facial circulation making you look older.

v. You should eat a balanced diet containing plenty of fruits and vegetables, drink lots of water and exercise regularly to maintain a healthy and glowing skin.

vi. Consult a dermatologist for help if you suffer from pimples, acne and other skin problems.

b) Facial accessories

Facial accessories like glasses greatly influence your facial appearance and your overall perception to girls. It's therefore important that you choose them wisely.

i. Research by the American Psychological Association has found that guys who wear glasses seem more intelligent but appear less attractive and less fun and social to girls. In other words, wearing glasses makes you seem dorky, which doesn't help to build attraction in girls. You should consider switching to contacts, but only if they're convenient for you. If not, stick to glasses.

ii. In the event that you must wear glasses, you should pick a stylish frame which suits the shape of your face. Generally, there are four basic face shapes: square, round, oval and oblong. There are different frames for each face shape, so ensure you pick one that is appropriate for yours. Also, glasses come in many different permutations, for example full-rim and rimless glasses, so try to pick one that you look best in and are comfortable wearing.

iii. Sunglasses have an effect of making you seem cooler and attractive to girls and it might not be a bad idea to get a pair. Just like normal glasses, sunglasses are made for various face shapes and you should only pick the one that suits you. However, sunglasses are only appropriate at certain times, places and occasions, like at a party or on a sunny day at the beach. Wearing sunglasses everywhere could be counter-intuitive and will make you stand out for all the wrong reasons.

iv. Facial piercings are another way of improving your attractiveness while making a style statement. Facial piercings can make you look cool, slick and tough. There are several kinds of facial piercings including eyebrow, ear, nose, lip and tongue piercings. Piercings are not readily accepted by all cultures and you should be careful in case you decide to get one. You wouldn't want to end up looking like a freak to girls and people around you. Also, piercings are a matter of personal taste and not every guy is into them.

c) Facial hair

Facial hair is a natural phenomenon in guys which can actually be used to decorate a guy's face and increase his sex appeal. Facial hair has been found to give guys that a touch of edginess and masculinity which the clean-shaven guy doesn't have. For guys whose facial hair grows unevenly, it's much better to shave it off completely. However, if you do decide to grow facial hair, you should observe some basic tips:

i. Facial hair should be kept clean and well-maintained. Ensure you wash facial hair on a regular basis. Also, trim and shave often because girls wouldn't want to cuddle up with a guy that has a very bushy face. And remember to use aftershave.

ii. There are different types of facial hair styles, like the stubble, goatee, 5 o'clock shadow, moustache and full beard. Each of these styles is best matched with certain face shapes, so choose do research to find out which one is appropriate for your face.

d) Hair

Girls are attracted to guys with nice hair. Your hair is an important part of your look and it can affect your chances of getting with the girl of your dreams. A guy with a great head of hair can easily catch any girl's attention and have her eating from the palm of his hands if he plays his cards right. Follow these simple tips in order to improve your hair:

i. Wash your hair daily with a good shampoo and afterwards apply a conditioner which leaves it moisturized. Washing removes the grease and oils making your hair look healthy and smelling nice.

ii. No girl likes to be with a guy who has scruffy or messed-up hair. You should therefore comb your hair properly and style it as you desire.

iii. Girls dig a guy with a cool haircut. This means that you should read magazines or browse the internet for to find out the hot and trendy hairstyles among guys your age. Afterwards, you should go to your trusted barber and get your preferred haircut.

iv. Eat a balanced diet and drink enough water, exercise regularly, get enough sleep, and reduce stress in your life. This will result in a healthier scalp and great looking hair.

How to Improve Your Physique

When it comes to attaining that rock-hard muscular physique which makes girls go crazy, there is no short cut. You have to hit the hit the gym a number of times and break a sweat before you can start seeing the results. Indeed, having a great body comes at a heavy price. But the benefits are worth it. A lot of girls will definitely want to hook up with you if you have a great body.

As you work out at the gym or elsewhere, try concentrating more on chest, arm and abdominal work outs. Girls simply can't resist the sight of large pecks, big biceps and six pack abs on a guy. It makes them go wild with desire. But don't kill yourself working out either. Try working out at least three times a week, while allowing enough time for your muscles to recover. You can bolster your workout program by eating a balanced diet containing enough protein.

If you can't manage to hit the gym, you should at least try to involve yourself in some activity or sport which builds your body. Playing sports like football, basketball, lacrosse or activities like swimming, jogging and biking are a great way to exercise and build your body.

Girls are not keen to go out with guys who are chubby, fat or overweight. It is therefore important to exercise regularly if you have issues with your weight, in order to shed the excess fat in your body. More importantly, you should learn to eat healthy and stay away from fat- and calorie-laden foods such as fast food. On the hand, if you're too skinny you probably need to start eating more so that you can gain some weight.

There's nothing much you can do about your height if you're short, but you can try growing your hair taller or wearing shoes with thicker soles. The extra inches added will make you appear taller.

How to Dress To Attract Girls

Dressing obviously plays an important role when it comes to attracting girls. Girls are attracted to guys who are well dressed. According to Kelton Research, a leading global insights firm based in America, clothes can increase a guy's sex appeal by nearly 78%. Their study also reveals that well-dressed guys are often associated with positive traits like confidence, sophistication and social intelligence, making them very attractive to girls. Indeed, most male sex icons like George Clooney, Brad Pitt and David Beckham are always sharply dressed, which is one of the reasons girls and women swarm over them.

Unfortunately, most guys don't have a clue as to what it takes to be well-dressed. This is partly the reason why they fall flat on their faces every time they try to pick up hot chics. Girls, especially the attractive ones, are very selective about the guys they date, and they will consider 'minor' aspects like his dressing very seriously. This means that if you don't bring your A game, you might as well forget about scoring any hot chics.

To become a good dresser, there are four basic things which you should observe: neatness, compatibility, suitability and style.

a) Neatness

It goes without saying that girls appreciate neatness in a guy's dressing. No girl wants to be with a guy who appears to be wearing something the cat dragged in. This means that you need to wear clean clothes, free from stains, rips or tears. You should also ensure that your clothes are well-pressed and free from wrinkles. Remember to observe other aspects of neatness like buttoning and tucking your shirt whenever necessary. Most guys have the misconception that looking dirty, untidy and unkempt will make them seem like a badass to girls. Trust me, this is not the case and more often than not they come across as lazy, careless and irresponsible tools.

Being neat will always help you to make a good impression with girls which increases your chances of getting with them. Therefore, you should always try to wear neat clothes.

b) Compatibility

Firstly, the clothes you wear should be compatible with your body. This means that your clothes should match your size and body type. Not all clothes, however fashionable, can be worn by everybody: you should seek to find the clothes that are perfect for your body. The general rule is that you shouldn't wear clothes that are too tight or too loose on your body. To illustrate, skinny or slim fit jeans aren't compatible with every body type: They are only cool on guys who are skinny. A bulky guy who tries to rock the slim fit jeans would look ridiculous and become the laughing stock of everyone. Therefore, it's important that you do research on the type of clothes which are compatible with your body type so that look good in the eyes of girls and avoid being humiliated.

Secondly, the clothes you wear should be compatible with your personality. As strange as it may seem, your clothes actually reflect the kind of person you are. Clothes reveal a lot about a person's personality, beliefs and interests whether they're aware of it or not. For example, wearing a shirt with a skull on it probably indicates that you're a goth fan. On the other hand, wearing a shirt with a cartoon character on it could probably be an indicator that you're immature or into comic books. Girls are very good at reading such subliminal messages and hence they will always be keen to observe your clothing in order to try and get a read on you. Consequently, it is of importance that you try and wear clothes which best reflect who you are, and portray positive qualities like being fun or having a sense of humor. Don't wear flashy clothes which give a misleading impression about you, or otherwise make you look like a poser. On the other hand, it's possible for you to wear something that is completely ludicrous and unconventional and use it to your advantage as a conversation-starter with girls.

Last but not least, it's absolutely necessary that you wear clothes that are compatible with themselves. In other words, you should wear clothes that match and complement each other. Wearing the wrong combination of clothes or colors could blow up in your face and leave you looking like a fashion disaster in front of the girl of your dreams. Since you wouldn't want this to happen to you, it's for the best that you start learning the ins and outs of matching and blending clothes together. Since men are not particularly good at this, you can enlist the help of your mother, sisters, girlfriends or

any other available females. Alternatively, you can rely on fashion magazines or the internet for tips about how you can properly match clothes together. Trust me, it’s a big deal to girls whether the clothes of a guy match and so it’s upon you ensure you don’t get discredited on account of this.

c) Suitability

Budget: As a practical consideration, clothes should be suitable for your budget. In other words, you should stick to clothes that are within your price range. One of the common misconceptions about dressing well is that one has to blow all his savings and buy fancy clothes in order to look good. This is not true. It is very possible to buy clothes which make you look slick and cool without having to spend big bucks and face the real possibility of going broke. Designer clothes are nice, but not everyone can afford to spend hundreds of dollars on such clothes. Therefore, you should try and make the best with what you have. Sure, you can do a few jobs and save enough money to buy some good clothes but don't go overboard with it. Girls are interested in guys who wear good clothes, but that doesn't necessarily mean expensive clothes. Try to keep to your budget at all times.

Setting: Some clothes are suitable for certain settings and occasions but not for others. There are clothes that should be worn in formal settings and those meant for less formal settings. For example, the clothes you would wear for a pool party are not the clothes you would wear in school or at the mall, and vice versa. You should learn to wear clothes that are suitable for that particular place or occasion that you're going to. Failure to do this will make you stand out among girls for all the wrong reasons.

Weather/Season: This one is a no-brainer. You should wear clothes that are suitable for the particular weather or season that you're in. It doesn't make any sense to wear clothes meant for a sunny day on a cold snowy day. This will just give you a terrible flu. On the hand, it's absurd to wear heavy clothes on a hot sunny day. Not only would that be uncomfortable, it could also make girls peg you as some sort of freak. All in all, you should always opt to wear clothes which rhyme with the weather or season, unless of course the setting disagrees.

Culture: Not every type of clothing is considered appropriate in certain cultures or societies. For example, wearing clothes with a crude, discriminatory, offensive, or provocative message on them might not be deemed appropriate in certain conservative societies. Your clothes shouldn't make you the center of society's attention in a bad way. Most girls are keen to keep to the rules of society and uphold their good reputation so they

wouldn’t want to be with you if your clothing is frowned upon by everyone you meet.

Age: Some clothes are deemed appropriate only for certain ages. For example, there are clothes that would look good on a teen, but not for a guy in his early twenties. Since you don’t want to be pegged by girls as immature or ‘over-mature’, it’s probably best that you wear clothes that are meant for your age bracket.

d) Style

Style is perhaps the most important aspect of dressing when you're trying to attract girls, and not many guys are able to pull this one off. Girls find guys who dress with style to be very hot and sexy, because they are extremely rare. This is because style is a rather complex concept which most guys simply cannot grasp. According to Vogue Magazine, there's a difference between dressing stylishly, dressing fashionably and simply wearing expensive clothes. Wearing flashy or expensive clothes does not constitute having style. In fact, you could be wearing the most luxurious and chic clothes and still end up looking like a douche. On the other hand, dressing fashionably means following the crowd and popular trends, and as a result one does not stand out as such. However, dressing stylishly means that you look good, but you still have your own unique look that is distinctly yours, which sets you apart from the crowd.

Having style, among other things, involves putting together clever combinations of clothes that someone else might not have thought of combining. The following points reflect how you can start dressing stylishly, so that girls simply won't be able to resist you.

Matching: Matching and blending clothes and accessories is a great way of developing style. Wearing matched clothing makes you look great and coordinated. You should research on the internet how to match the particular outfits and colours in your wardrobe. Also remember to wear clothes that match your body and personality.

Pay attention to detail: The art of becoming stylish involves being meticulous and having a penchant for detail. Girls tend to notice even the slightest things about your clothing, like a mismatched belt and shoe, so it's better not to leave anything to chance. The more thought and time you put into your dressing, the more girls will begin to notice you and become attracted to you.

Accessorize: There are several accessories that you can add to your clothing which could help you become stylish. Examples are watches, sunglasses, hats, scarves, gloves, bags, bracelets, chains, rings, belts and shoes. Accessories are a great way to embellish your look and give you a sense of style. Note that accessories need to be matched and coordinated for a particular outfit.

Choose a trade mark: An important part of becoming stylish is choosing a trademark that will tie all your ensembles together and give you that signature look. That way, you can be varied and wear different outfits but still have your own stamp that makes you unique. For some, this can be a certain color like red, and for others it could be a particular accessory like a hat. Your trademark needs to be subtle so that it can go with a variety of outfits without conflict yet obvious enough that it is noticeable and makes an impact on your impression.

Be fashionable: You need to incorporate fashion into your style but without letting it take over completely. Try to keep up with the fashion trends in clothing so that you don't become outdated. However, you should not follow fashion too closely or you might lose your uniqueness or worse be labeled by girls as gay. Fashion blogs, magazines and the internet are a great way to find out the hot fashion trends.

Have a style icon: If you're completely clueless about fashion, it helps to have a style icon that you can look up to for style tips. It could be a T.V. actor, movie star, musician, sports star or any celebrity who has a sense of style. Such people have been dressed by a team of professionals so it wouldn't be a bad idea to borrow a leaf from them. At the same time, you should try to retain your individuality and sense of style. Be influenced by your style con but don't copy them altogether. You wouldn't want to end up looking like a pathetic poser.

Circulate your clothes regularly: In order to stay stylish and fashionable, you need to wear relatively new and good looking clothes. This means that you should have a variety of clothes for different times, occasions and events. Also, you should replace old outfits with new ones every couple of months because it prevents you from stagnating and keeps you stylish.

Experiment and be bold: Finally, you shouldn't be afraid that you might get things wrong. After all, there's no right or wrong answer when it comes to style because it's all about individual preferences and tastes. If you want to stand out then you need to stand out. Try wearing things that are new and unusual or things that draw attention to themselves. For example, you can have your hair in an odd shape or wear a brightly colored hat. If you look like you know what you're doing and you're confident in yourself then you will pull it off; you might even set a trend. However, note

that this point is not for amateurs but those advanced dressers who have learnt and cultivated a sense of style over a long period of time.

General Grooming Tips

If you want to start getting with girls, you need practice personal grooming and hygiene. This means that you have to regularly clean and maintain your body to make yourself more attractive and increase your sex appeal. Girls simply love guys who are well-groomed. Apart from looking and smelling good, good grooming has the effect of making you appear self-confident, disciplined and responsible-all positive traits. Besides, male grooming has become very popular and fashionable in modern culture.

i. **Shower**: Girls like to be around guys who are clean and odorless. Therefore, it's important that you shower regularly, especially after a workout or before going out. Be thorough and clean every part of your body using plenty of water and a scented soap.

ii. **Apply cologne**: Girls simply can't resist a guy who smells nice. It's absolutely essential that you apply cologne or deodorant regularly to mask any body odor caused by sweat. Find a good brand of cologne which suits you best but be careful not to apply excessive amounts because this could make you repulsive.

iii. **Take care of your teeth**: Having a set of clean, white healthy teeth, healthy gums and fresh breath is very essential if you want to make girls like you. Good oral hygiene definitely increases the chances that a girl will kiss you. It's therefore important that you practice good oral hygiene through activities like brushing your teeth regularly, flossing, using mouthwash and having regular dental checkups. You can also consider having your teeth whitened artificially. Note that having bad breath is a problem which can be remedied by consulting a dentist. Taking breath mints also doesn't hurt, especially when you're going to talk to chics.

iv. **Take care of your lips**: Girls are turned on by guys who have soft, moist red lips. You should apply a lip balm daily to prevent your lips getting dry, chapped and cracked. Plus girls will be more inclined to kiss you if your lips are 'kissable.'

v. **Remove excess body hair**: Trust me; nobody likes the sight of bushy armpits or excess pubic and chest hair. Make it a point to trim the hair in

these areas so that only a minimal amount of hair is left. Alternatively, you can opt to remove the hair completely through methods such as shaving or waxing.

vi. Make sure that your fingernails are kept short and clean.

vii. If your eyebrows are very long and bushy, to the extent that they form a unibrow, you can consider trimming them using a pair of tweezers. You should seek assistance from a professional before doing this because tweezing too many hairs out can result in you looking strange or feminine.

viii. Make sure you comb your hair nicely.

Important Points on Body Language

Your body language is a very important aspect of your physical appearance. Even if you don't realize it, girls will scrutinize your body language for subtle hints about your personality and the honesty of your intentions. In other words, girls will use your body language to try and figure out whether you're the real deal. This is because there are lots of phony guys who simply read dating material (like this one), learn a few tricks and eagerly go out to test it on actual girls. Unfortunately, most of these guys crash and burn every time they try to pick up a hot chic, and then end up blaming the books they read or simply chalk it up to bad luck.

What you need to realize is that girls are very good at telling whether a guy is authentic. That is, they can tell the genuine guys from the phonies and fakes who are simply putting on a show. One of the simplest ways they do this is by reading a guy's body language. You see, your mouth could be saying one thing, while your body language is communicating the complete opposite. For example, you could by trying to show a girl how confident, cocky or funny you are with your witty remarks and funny pick-up lines but at the same time acting all fidgety and assuming a weak posture. In such a case, a girl will disregard what you're saying and figure out that you're really a nervous, insecure guy hiding behind a charade. As one relationship expert correctly puts it, "It doesn't really matter WHAT you say, but rather HOW you say it." In short, you could have the smooth lines of Casanova, but without the body language to back it up, you're as good as finished.

Over 60% of all human communication is non-verbal and it is for this reason that body language always trumps word of mouth. The sad part is that most guys have terrible body language, which causes girls to instinctively disqualify them even before they speak a word. Body language can be a bitch and it could betray you because you have little control over it. This is why those ambitious guys who try to pick up chics after reading guide books about girls always strike out.

Now to the important question that you must be wondering: Is it possible to change or control your body language so that you can use it to

your advantage in the dating scene? The answer is YES. Psychologists agree that it is possible to modify your natural body language to suit it to your needs. For instance, you could be a naturally shy guy, who portrays a weak, nervous and insecure body language but still be able to manipulate your body language so that you appear like the confident, masculine, secure guy that you want to become. This will take some weeks of practice. This is because our body language occurs instinctively to us; that is, we usually have no control over it. However, if you constantly think about and practice good body language such that it becomes a daily habit, your body will eventually adopt it into your subconscious and make it your normal state. With intense training, it's even possible to gain control over physiological body functions like body temperature and heartbeat, so that you're even able to beat lie-detectors; but am getting ahead of myself. The important lesson here is that with enough practice, you can develop a great body language, which will attract girls to you.

The main aspects of body language include posture, gestures, facial expressions, eye movements, tone of voice and proxemics.

a) Posture

Learning how to assume a proper posture is a very essential aspect of body language. A good posture portrays confidence which is very attractive to girls.

1) Standing Posture

i. Stand up straight with your shoulders pulled back and your chest pushed out.
ii. Try to position your head such that your earlobes are directly above the center of your shoulders.
iii. You should tuck your chin in slightly while keeping your head straight up.
iv. You should stand with your knees straight and slightly pull your belly button toward your backbone.
v. Try to keep your weight on the balls of your feet rather than your heels.

2) Sitting posture

i. Sit up straight with both feet firmly planted on the ground.
ii. Your shoulders should be pulled back and your chest pushed out.
iii. Tuck your chin in slightly while keeping your head up and your earlobes centered directly above your shoulders.
iv. Push your posterior towards the back of the chair.
v. You should align your back with the back of the chair.
vi. Be relatively still and do not fidget around your seat

3) Walking posture

i. A good walking posture is simply an extension of the standing posture so all the points apply.
ii. Your eyes should look straight ahead.
iii. Avoid pushing your head forward.

In order to build attraction with girls, you should also have an open and inviting body posture. This means that you need to avoid ‘closed’ body postures like pocketing your hands, crossing your arms in front of you or holding objects such as a drink between yourself and the girl you’re talking to. Having a closed posture effectively creates a barrier between you and girls and reduces the intimacy of the situation. Pointing your head,

shoulders or body in another direction and other forms of indirect body orientation also create a barrier which does not help in building attraction.

b) Gestures

A gesture is a type of non-verbal communication which entails usage of visible body actions to communicate certain messages. Gestures are performed using one's hands, head and other body movements. Gestures are an important part of everyday conversation such as chatting, describing a route, negotiating prices at the market and so on. More importantly, gestures can be used with girls to build attraction.

i. **Do not fidget**: Twitching and fidgeting makes you seem nervous which is unattractive to girls. The same goes for erratic hand movements or fiddling around with objects near you. Your hands should be relatively still, except when you're describing something and you require the help of gestures.

ii. **Make slow head movements**: You should always maintain slow, smooth head movements. Don't jerk or jolt your head around because this will make you appear nervous and insecure.

iii. **Nod:** Nodding your head, accompanied with the 'mmhh' or 'aha' sound can be used as a powerful conversation reinforcer when talking to any girl you like. For one, nodding tells a girl that you are a good listener and she has your complete attention. In addition, girls love when you nod because it makes them think that you think they're interesting or what they're saying is interesting. Furthermore, nodding can be used to steer a conversation to a topic that you like, depending on whether or not you are nodding your head in a particular topic. Remember to use nodding sparingly and only where it is appropriate to do so.

iv. **Touching:** Touching, when done correctly and appropriately, has an immediate and almost magical effect on girls. A brief and friendly touch, say touching her hand or stroking her hair, can send chills up a girl's spine and it's a good way of creating sexual tension. The keyword here is *appropriate*. Girls generally react negatively or feel uncomfortable if you touch them too much or too soon, by tensing up or pulling away. On the other hand, if a girl perks up or smiles then it means the touch was OK. Eventually, a girl will get used to and become comfortable with you touching her, which sets the stage for physical intimacy.

c) Facial Expressions

Off course we all know that facial expressions can be used to communicate a number of things including happiness, anger, fear, surprise, boredom, sadness and disgust. However, when you're trying to attract girls, facial expressions should be used to bring out only positive qualities about yourself.

a) **Smile**: Smiling conveys many good qualities about you. Smiling portrays friendliness, confidence, a positive attitude and it gives a girl the impression that you are someone who's likely to be fun to be with. This is also difficult to ignore. More importantly, smiling helps to disarm girls by making you appear less dangerous and hence chics become more trustworthy and accepting of you.

b) **Use facial expressions appropriately**: Of course, it doesn't make sense for you to smile the entire time you are talking to her. Change your facial expression according to the subject of the conversation. For example, you can become a little serious and attentive when she's telling you about herself and you can smile when you tell her a joke. Also, avoid assuming a serious dead-pan expression because it makes one look creepy.

d) Eye movements

Eyes are the window to the soul, as the saying goes. Girls can tell a lot about a guy by looking into his eyes, and vice versa. Girls can tell if a guy is being honest, if he's into her and if he's thinking about something or someone else by simply looking at his eyes. Therefore, you need to use your eyes to convey the right message.

a) **Eye contact**: Eye contact is a very powerful way of building attraction and sexual tension between you and a girl. Firstly, making direct eye contact, without looking away, shows self-confidence. Eye contact also indicates that you are very interested in a girl and what she is saying, which causes her to like you more. However, too much eye-contact or staring is counter-productive as it may cause the girl to think that you are a weirdo. It's ok to briefly glance at other objects around but always shifting your gaze back to her.

e) Tone of voice

Like I mentioned before, it's not about WHAT you say, but rather HOW you say it. In the attraction game, your tone of voice is actually considered more important than the words you're saying. Those guys who are highly successful at picking up chics understand this basic principle, so they don't rack their brains trying to come up with some funny pick-up lines or cool stories in order to impress a girl.

Girls can draw a lot of conclusions based on the tone of your voice, for instance how confident you are and how comfortable you are with yourself. Therefore, you need to learn how to use a proper tone of voice to convey the right message. The following points reflect on how you can achieve this:

a) **Use a varied tone**: For effective communication with girls, it's important that you vary your tone of voice accordingly, depending on the setting or topic of conversation. Using a flat monotone during your conversation makes you sound boring and it doesn't help in building attraction. You should mix things up a bit, by using the different tones of voice in order to liven up the conversation. For example, there's a manly tone, playful tone, effeminate tone, dramatic tone, sexual tone and so on.

b) **Watch the speed of your voice tone**: When a guy talks too fast to a girl it usually comes across as a sign of stress, anxiety or nervousness. In turn, this makes girls to become uncomfortable around such a guy. Moreover, girls think that you're a wuss and you're not dominant when you're constantly rushing through your words without even pausing to catch your breath. This reduces the chances that they will be attracted to you. Understand that girls will not bite your head off simply because you've tried to chat them up, so there's no need to be in a rush. In fact, most girls are flirtatious and they are stimulated by a good conversation, containing some sexual undertones. Therefore, you should slow down your speech so that you appear more relaxed, comfortable and dominant and girls will definitely respond better to you.

c) **Use a lowered voice tone to build sexual attraction**: A new research led by Susan Hughes, an assistant professor of psychology suggests that lowering your voice can communicate sexual desire. A low voice tone (low pitch) is generally considered sexy by girls. Using a lowered voice

tone from time to time will therefore help you to build attraction with girls.

d) **Have a steady tone of voice**: Using a shaky or unsteady tone of voice will generally make you sound anxious, nervous and insecure around girls. Admittedly, almost every guy becomes nervous and anxious around when in the presence of a very attractive girl, or at least for the first few seconds. This is an automatic immune response caused by the adrenaline pumping in our veins and there is little you can do about it. However, it helps when you can keep it together without making it too obvious that you're a nervous wreck. As much as possible, you should try to maintain a steady voice tone and avoid being shaky or stuttering because this will make you incoherent and the girl will be instantly put off. Of course this is easier said than done, and it usually takes lots of practice talking to girls before you can become a good conversationalist around hot girls.

f) Proxemics

Proxemics involves the physical distances between people as they interact with one another. For example, the distance you should keep from your teacher is different from the one you keep with your friends. When you're trying to attract a girl, it's important to stand or sit a little bit closer to her. Getting closer to her will reduce both the psychological and real distance between you two and helps to create sexual tension between you and her. By moving a little closer, you're communicating that you are more into her and what she has to say, than in anything else which is happening around you. Getting closer also increases her arousal level slightly which boosts sexual tension.

Likewise the opposite is true. Keeping your distance from a girl shows that you are not really into her and you would rather be somewhere else. Unless separated by an obstacle such as a table, intimate distance should range from between touching to about 18 inches (46 cm) apart.

That is all…

--End--

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